

Herb crusted grain fed chicken breast, mashed potatoes with caramelized onions topped with a cherry tomato sauce

Recipe for 4 persons



Description

Chicken breast crusted with fresh herbs, mashed potatoes with caramelized onions drizzled with white truffle oil and cherry tomatoes compote sauce.

Note

Give your chicken some time to rest as it will improve tenderness and juiciness. Also, bring the chicken to room temperature before cooking to accelerate the cooking process and increase the yield and flavor.

Ingredients

Herb crusted chicken breast

- 4 Piece(s) Chicken breast
- 60 Ml Flat parsley
- 1 Sprig(s) Thyme
- 0.50 Sprig(s) Rosemary
- 4 Leaf(ves) Sage
- 250 Ml Japanese breadcrumbs (panko)
- 25 Gr Butter
- 25 Ml Canola oil

Mashed potatoes with caramelized onions

- 8 Unit(s) Yukon gold potatoes
- 1 Unit(s) Onion
- 5 Ml Truffle oil
- 30 Gr Coarse salt
- 35 Gr Sugar
- 15 Gr Butter

Cherry tomato compote

- 15 Unit(s) Cherry tomatoes
- 150 Ml Olive oil
- 1 Clove(s) Garlic
- 25 Gr Sugar
- 50 Ml Water
- 100 Ml White wine

Preparation

- Preparation time **30 mins**

Preparation

Place the herbs, bread crumbs and butter in the mixer. Blend until homogenous and bright green. Finely chop the garlic. Finely dice the onion.

Herb crusted chicken breast

In a hot skillet, add a drizzle of vegetable oil and season the chicken breasts with salt. Add to the pan and sear to seal in the flavors for 2 or 3 minutes. (turning only once) Place the chicken breasts on a cookie sheet and cover with the herb bread crumbs. Cook in the oven for 7-8 minutes until the chicken is cooked through and the crust is crunchy and golden. Let it rest for 2 minutes before cutting into.

Mashed potatoes with caramelized onion

Place your peeled potatoes in a pot of cold water and a big pinch of salt. Bring to a boil and lower the heat to simmer until a knife goes through the potato with no resistance. In a skillet, add a knob of butter and cook the onions, first on high heat until they become translucent and then on lower heat to slowly caramelize them. (make sure not to over stir as they need to stay crunchy a bit, not compote) Once the potatoes are tender, add the onions and mash with a potato masher and add a knob of butter and the truffle oil. Season with salt and pepper.

Cherry tomato compote sauce

In a small sauce pan, place all the ingredients, bring to a boil and lower to a simmer until it reaches sauce like consistency. Season with salt and pepper and mash with a whisk.

Bon appétit!